

Knife Cuts III Lab

Dicing Onions, Mincing Parsley, Chiffonade, and Concasse Mirepoix and Clarified Butter

Day #1 –

1. Complete the lab activity ~ Dicing, Mincing, Chiffonade and Concasse.
2. In addition, peel and mince 2 cloves of garlic.
2. Once each part is complete, show the teacher for an evaluation.
3. Store each item in a baggie, label and put in refrigerator.

Day #2 –

1. Make a Mirepoix and a White Mirepoix with the pre-portioned amounts that are given to you.
2. Make Clarified Butter per instructions.
3. Label and store all of the above to be used on day #3.

Day #3

We will take our previously prepared ingredients and make 2 soups out of them and compare the tastes using the comparison worksheet.

Eat!

Clarified Butter

Clarified butter is milk fat rendered from butter to separate the milk solids and water from the butterfat. Typically, it is produced by melting butter and allowing the different components to separate by density. The water evaporates, some solids float to the surface and are skimmed off, and the remainder of the milk solids sink to the bottom and are left behind when the butter fat (which would then be on top) is poured off.

2 cubes butter

- 1. Place the butter in the top portion of the double boiler and place that over lightly simmering water. As the butter melts, the water and some of the milk solids sink to the bottom of the pot.**
- 2. The rest of the milk solids, in the form of white foam, float.**
- 3. Do NOT stir the butter during the clarifying process, as this slows the separating process.**
- 4. When the butter is completely melted, skim the foam off the top using a ladle. After the foam is removed, gently lift the container of butter out of the water.**
- 5. Carefully pour the fat from the container into another container. Stop pouring when the water becomes visible. Ladle any remaining fat from the water's surface.**
- 6. Label and store the clarified butter.**

Soup #1 – Mirepoix

3 c. chicken broth

½ of the prepped, diced onion

½ minced parsley

½ tomato (used in concasse)

Mirepoix mixture

- 1. Pour into a large saucepan or stock pot the chicken broth.**
- 2. Add to the broth the onions, parsley, tomato (chopped) and the mirepoix.**
- 3. Bring to a boil and allow to simmer for 15 minutes.**

Soup #2 – White Mirepoix

White mirepoix mixture

4 T. clarified butter

3 c. chicken broth

½ prepped, diced onions

2 cloves garlic, minced (previously prepped)

½ minced parsley

½ tomato (used in concasse)

- 1. In the clarified butter, sauté the white mirepoix mixture until soft and lightly browned. Drain off any leftover fat. Set aside.**
- 2. Pour into a large saucepan or stock pot the chicken broth.**
- 3. Add to the broth the onions, garlic, parsley, tomato (chopped) and the sautéed mirepoix.**
- 4. Bring to a boil and allow to simmer for 15 minutes.**

Soup Comparison

	Appearance and Color	Flavor	On a scale of 1-10 rank the soup and describe why you gave it the ranking.
Soup #1 Mirepoix			
Soup #2 White Mirepoix in clarified butter			

Follow Up Questions:

1. What can mirepoix or white mirepoix be used for?
2. What did sautéing do to the white mirepoix?
3. Of all the ingredients that we used, which one has the strongest flavor?
4. What did the tomato add to the white mirepoix soup?
5. Why do you think that we used the seeded side (concasse) of the tomato in the soup?